

## Claims

*Sub*  
*B1*  
I claim:

1. A method for helping a tobacco smoker to stop smoking, said method comprising the steps of:

5 (A) providing to a tobacco smoker an educational program to educate said tobacco smoker's conscious mind, said educational program including education both on the disadvantages of smoking and on conscious techniques to stop smoking,

(B) providing to said tobacco smoker at least one hypnosis  
10 program to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

(C) providing to said tobacco smoker lobelia in an amount effective to aid in the reduction or cessation of said tobacco  
15 smoker's craving to smoke tobacco, such that said tobacco smoker can be helped to stop smoking.

2. The method of claim 1, further comprising the step of:  
(D) providing to said tobacco smoker, wood betony.

3. The method of claim 2, further comprising : (E)  
20 providing to said tobacco smoker, fennel seed.

4. The method of claim 3, further comprising the step of:  
(F) providing to said tobacco smoker, licorice root.

5. The method of claim 4, further comprising the step of:  
(G) providing to said tobacco smoker, black walnut husk,  
25 chamomile, kava kava root, peppermint, sarsaparilla root, valerian root, bayberry root, passion flower, ginger root, eucalyptus leaf oil, lecithin, vitamin B6, ginseng, zinc, spirulina, and methionine.

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6. The method of claim 1, where said hypnosis program comprises prerecorded media useable by said tobacco smoker when alone.

7. The method of claim 1, further comprising the step of:  
5 (D) providing to said tobacco smoker, at least one weight-control product.

8. The method of claim 7, where the weight control product includes at least one stimulant.

9. The method of claim 8, where the stimulant is selected  
10 from the group consisting of mahuang, kola nut extract, gotu kola leaf extract and myrrh.

10. The method of claim 9, wherein the weight control product comprises chromium.

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B2  
15 11. A product to aid a tobacco-smoker in ceasing to smoke tobacco, said product comprising:

(A) means for educating said tobacco smoker's conscious mind, said educational program including education both on the disadvantages of smoking and on conscious techniques to stop smoking,

20 (B) means for hypnosis to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

(C) lobelia, in an amount effective to aid in the reduction or cessation of said smoker's craving to smoke tobacco.

25 12. The product of claim 11, further comprising: (D) wood betony.

13. The product of claim 12, further comprising: (E) fennel seed.

14. The product of claim 13, further comprising: (F) licorice root.

15. The product of claim 14, further comprising: (G) black walnut husk, chamomile, kava kava root, peppermint, sarsaparilla root, valerian root, bayberry root, passion flower, ginger root, eucalyptus leaf oil, lecithin, vitamin B6, ginseng, zinc, spirulina, and methionine.

16. The product of claim 11, where said means for hypnosis comprises prerecorded media useable by said tobacco smoker when alone.

17. The product of claim 11, further comprising: (D) at least one weight-control product.

18. The product of claim 17, where the weight control product includes at least one stimulant.

19. The method of claim 18, where the stimulant is selected from the group consisting of mahuang, kola nut extract, gotu kola leaf extract and myrrh.

20. The method of claim 19, wherein the weight control product comprises chromium.